



SCADBURY 5 & 2.5 MILE TRAIL RUN

Race Events

RACE DAY INFORMATION **PLEASE READ CAREFULLY**

Date & Start time

Sunday 1st August Start 2021 time 9:30am

How to get there

Scadbury Park
Nature Reserve
Old PERRY Street
Chislehurst
Kent
BR7 6PL

Car

Postcode BR7 6PL

Parking

There is parking on the surrounding roads of the Park. Please car share where possible. Parking on single yellow lines is permitted on Sundays.

By Bus

The following buses stop at the Beaverwood Road stop, which is in Perry street, the race start is a 5 minute walk from here:

160, 269, 625, 638

Safety:

The course is based in local woodlands, used by mainly dog walkers we will do all we can to ensure that this doesn't detract from your race performance or enjoyment but we ask that you take care. Please insure that you obey all race officials/Marshals instructions, they are there for your safety.

Registration:

Open's at 8:00 and will close at 9:15 it will be held by the Picnic area. Please check the board for your race number; this will be listed next to your surname. The registration desk will display race numbers categorised as 1-100 - 101-200 and so on, please join the correct queue to retrieve your race number and timing chip.

Timing Chip

You will collect your timing chip at registration. This guarantees your exact race time from when you cross the start line to when you finish. We are not responsible for your time, any problems will be sent to the company supplying this service they will deal with it.

Race number

There will be a table with a box of pens. PLEASE remember to write your full name emergency contact details and any medical information on the back of your race number. Please do not give your race number to anyone else.

Baggage

Please lock your valuables in your car boot where possible. The baggage area is located next to registration. If you decide to leave your bag here, please write your race number on a baggage label and attach to your bag before handing in. Your running bib is your ticket to collect your baggage so please do not discard once you have completed the race. The baggage area will be manned at all times by our marshals.

Course

The race will start at the Picnic area. Runners will complete 1 or 2 laps in the woodlands. Please may we ask that the faster runners start at the front and slower runners start at the back of the start line. Please watch your footing, as parts of the route are uneven. Our encouraging team will marshal the event; there will be large yellow arrows and mile markers all around the course. A PB is highly unlikely but the route is scenic and challenging, we hope you enjoy it as much as we have, a map of the route will be on the notice board at registration. Remember this is a Trail run, please watch your footing!

First Aid

We will have two on site one at the start and one at around the 1.5 mile mark (horse field) If you have a medical history you feel we should be aware of please email PB Race events. Medical support will be available on race day, If you feel unwell during the race please alert the nearest marshal and prompt medical assistance will be provided. Fit to Run - Please Do not run with a cold, flu, if you are feeling feverish, have chest pain, hangover, vomiting, diarrhoea or just feel unwell as this can be extremely dangerous.

Toilets

Toilets are located in the Sydney Arms Pub in Old Perry Street (Post Code BR7 6PL) this is a 5 minute walk from the race start and will be sign posted.

Water

There will be one drink station, at the Start/finish line so if you are doing one lap please take water before you start.

Prizes

5 Mile Race

1st 2nd 3rd Male & Female

2.5 Mile Race

1st Male & Female

Team Prize

The first three to cross the line of the 5 mile Run.

Team Prize

First Child and parent or guardian to cross the line of the 2.5 Run

A medal to all race finishers. Prizes will be given out as you cross the line. Prizes supplied by Nuffield Health, Chislehurst.

The Finish

Once crossing the finish line keep moving, do not block up the finishing area collect your well earned medal and have some water.

Cake Sale

After the race at registration friends of Scadbury Park will be selling home made cakes, so please do bring a small piece of change, They are raising well needed funds for the maintenance and upkeep of the fantastic woodlands. Teas and coffee and cold drinks will also be available.

Results

Results will be posted on our website www.pbraceevents.co.uk along with our Face book page and a link will be e-mailed to all our runners.

Marshals

We are always looking for Marshals, Its great fun so why no join us - please email info@pbraceevents.co.uk

Last but not least good luck have a great race!